







2021



DECEMBER

Assisted Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Amanda Jensema, CTRS, Recreation Therapist 202-541-7721  Annemarie Wilson, MS, CTRS, Recreation Therapy Supervisor 202-541-7626	LEGEND: AC- Artist Colony BY- Sheridan Backyard BC- Bowling Center BF- Ball Field CC – Community Center CCL- Community Center Lobby CT- Canteen CY- Courtyard	LEGEND cont. DI- Defender's Inn HoH – Hall of Honors L- Library MR- Meditation Room PR- Promenade RC- Rose Chapel SCP- Scott Patio TH- Theater	¹ 9:30am Travel Club- Sh2 10am Cooking: Taste of the Season- CC 10:15am Hydration Cart 1pm Bingo- CC 1:30pm IDT Meeting	² 10am RT Bus Trip: Arundel Mills Mall 6pm <i>Unstoppable</i> Movie- Th	³ 9:30am Music Hour–Sh3 10:15am Beverage Cart 10:30am Catholic Mass- MR 1:30pm Balloon Soccer 4pm Ribs Social- DI 6pm <i>Attack on Pearl Harbor</i> Movie- Th	⁴ 1pm Bingo- CC 6pm <i>Air Force One</i> Movie- Th
⁵ 9am Protestant Service- MR 9am Catholic Mass- RC 6pm <i>Mud</i> Movie- Th	⁶ 11:00 Qi-Gong-TH 11:30am Popcorn- CCL 1pm RT Bingo- CC 1:30 <i>Silent Night</i> Movie- Th <u>RDO</u>	⁷ 9:30am Travel Club- Sh2 10:15am Room Visits 1:30pm <i>Pearl Harbor</i> Documentary- Th 1:30pm Reminiscing Pearl Harbor 6pm Tree Lighting Ceremony- CC	⁸ 9:30am Travel Club–Sh3 10am Make A Tree Ornament- CCL 10:15am Hydration Cart 1pm Bingo- CC 1:30pm IDT Meeting  William Wood	⁹ 9:30am Morning Stretch- Sh2 10:15am Hallway 20 Questions 2:30pm Nutcracker Kirov Ballet- CC 6pm <i>Draft Day</i> Movie- Th	¹⁰ 9:30am Holiday Cooking Group–Sh3 10:30am Catholic Mass- MR 1:30pm Activity Cart 2pm Roving Aerobic Stretch 6pm <i>Runaway Train</i> Movie- Th 6pm Holiday Party- CC	¹¹ 9:15am Hallway Stretch 2pm RT Ice Cream Social- CCL 3pm Army/Navy Football Game- CC/DI 6pm <i>Hornblower: Mutiny</i> Movie- Th
¹² 9am Protestant Service- MR 9am Catholic Mass- RC 6pm <i>Salute to the Marines</i> Movie- Th	¹³ 10am Salvation Army Band Performance- CC 1:30 <i>Christmas in Connecticut</i> Movie- Th 1:30pm 4:30pm RT Bus Trip: Watkins Park Holiday Lights	¹⁴ 9:30am Travel Club- Sh3 10:15am Room Visits- Sh2 1:30pm <i>Battle of the Bulge</i> Documentary- Th 1:30pm Balloon Volleyball 4:30pm Birthday Dinner	¹⁵ 9:30am Travel Club- Sh2 10:15am Hydration Cart 1pm Bingo- CC 1:30pm IDT Meeting	¹⁶ 9:30am Morning Stretch– Sh3 10:15am Hallway 20 Questions 1:30pm Hallway Caroling 6pm <i>Indiana Jones & the Kingdom of the Crystal Skull</i> Movie- Th	¹⁷ 1pm RT Holiday Party- CC 4pm Pizza Social- DI 6pm <i>Arlington Road</i> Movie- Th	¹⁸ 1pm Bingo- CC 6pm <i>Silver Streak</i> Movie- Th
¹⁹ 9am Protestant Service- MR 9am Catholic Mass- RC 6pm <i>Dive Bomber</i> Movie- Th	²⁰ 9:30am New Year Resolutions- Sh3 11:00 Qi-Gong-TH 11:30am Popcorn- CCL 1pm Bingo- CC 1:30 <i>Christmas Miracles at Sage Creek</i> Movie- Th	²¹ 9:30am Year in Review- Sh2 1:30pm <i>LT Dan Band</i> Documentary- Th 2pm SPECIAL Resident & Staff Bowling- BC	²² 9:30am Santa Sleigh-By Gift Delivery 1:30pm IDT Meeting **ALL Day Gift Deliveries**	²³ 9:30am Holiday Cooking Group- Sh2 1pm Name That Holiday Tune- CC 1:30pm Roving Snack Cart 6pm <i>Don't Breathe</i> Movie- Th	²⁴ 10:30am Catholic Mass- MR 4pm Holiday Social- DI 6pm <i>A Madea Christmas</i> Movie- Th  Lillian Miller	²⁵ 6pm <i>Silent Night</i> Movie- Th   Charlie Jones
²⁶ 9am Protestant Service- MR 9am Catholic Mass- RC 6pm <i>Diamonds</i> Movie- Th	²⁷ 9:30am Travel Club- Sh2 10:15am Room Visits 11:30 Popcorn-CCL 1:30pm <i>Santa Clause 3</i> Movie- Th	²⁸ 9:30am Year in Review- Sh3 10:15am Room Visits 1:30pm <i>The Queen Behind the Mask</i> Documentary- Th 1:30pm	²⁹ 9:30am New Year Resolutions- Sh2 10:15am Hydration Cart 1pm Bingo- CC 1:30pm IDT Meeting  Dominick Parrino	³⁰ 10am RT Special New Year BINGO- CC 1pm Goodbye 2021- CC 6pm <i>Chinatown</i> Movie- Th	³¹ 4pm NY Eve Social- DI 6pm <i>You're In the Navy Now</i> Movie- Th 